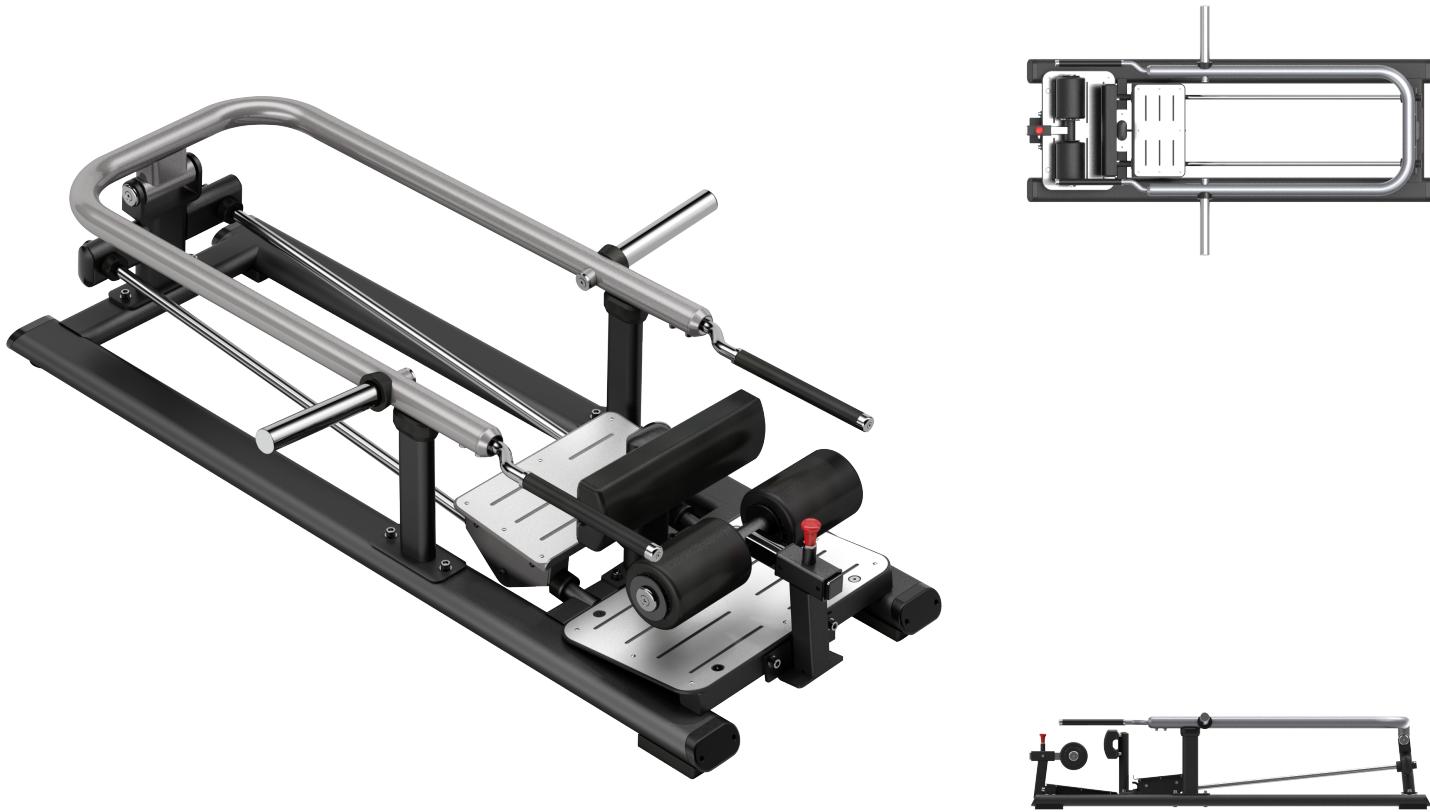


SH PLATE LOADED SERIES

SH023 - REVERSE LUNGES



PRODUCT OVERVIEW

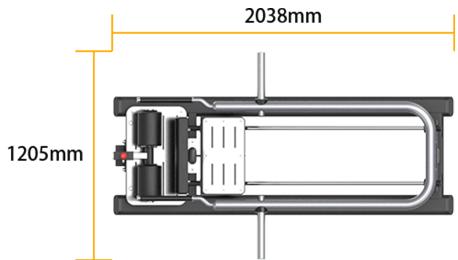
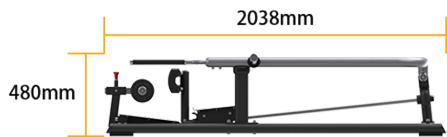
The SH023 is a premium plate-loaded strength machine designed for targeted lower body and core stability training. Supporting two foundational movements, Bulgarian split squats and sissy squats, it caters to a wide range of training goals. With a modern aesthetic and reinforced construction, it is ideal for large commercial gyms and high-end personal training studios.

The machine features a 180° rotatable extended handle, allowing users with different shoulder widths to find an optimal grip position, thereby enhancing both movement control and training intensity. An ergonomic calf pad paired with a 6-position adjustable high-density foam roller provides stable support for users of various leg sizes and heights, optimizing training posture and overall performance. The front footplate is angled according to ergonomic principles to reduce ankle strain and improve stance stability. The rear platform is equipped with a high-precision linear guide system to ensure smooth, stable movement throughout each Bulgarian squat, enabling efficient and accurate muscle activation.

SPECIFICATIONS & KEY FEATURES

Specifications

Dimension:	2038*1205*480mm
Net Weight:	112kg
Max Load Capacity:	300kg[2x150kg]
Main Frame Tubing:	PT60x120x2.5
Standard Color Scheme:	SH Series standard color scheme



Product Features



180° Rotatable Extended Handle

Accommodates different shoulder widths and arm lengths, providing enhanced grip stability and better movement control under load.



Ergonomic Calf Pad with 6-Position Adjustable Foam

Offers stable support across a range of leg sizes and stances, optimizing leg alignment and training effectiveness.



Ergonomic Front Footplate

Designed for comfort and stability, reducing stress on the ankle joint and supporting smooth lower-body movement.



High-Precision Linear Guide System

Delivers smooth motion and structural stability, ensuring consistent training quality and user safety.